

# DHARMA ZEPHYR INSIGHT MEDITATION COMMUNITY 2020 ANNUAL REPORT



## Introduction

Dharma Zephyr is a community of Buddhist Vipassana (Insight) Meditation sitting groups in Northern Nevada. Our first meditation group was organized in the late 1980s near Carson City. Other groups organized in adjacent communities as the need arose. We now have several sitting groups meeting in Northern Nevada communities including Reno, Carson City, and Minden/Gardnerville. However, since the Covid-19 pandemic hit our country in March, all our sitting groups have been meeting virtually by Zoom.

Dharma Zephyr Sanghas was incorporated under the Nonprofit Corporation Law of the State of Nevada in September 2006. In 2012 we changed our name to Dharma Zephyr Insight Meditation Community, and in 2016 we became exempt from federal income tax under section 501(c)3 of the Internal Revenue Code.

## Mission Statement

Dharma Zephyr Insight Meditation Community, following the Theravadan Vipassana tradition, offers the Buddha's teachings on wisdom, ethical behavior, and mindfulness to the Northern Nevada community. Activities include sitting meditation, reading groups, classes and retreats.

## Guiding Sangha

Dharma Zephyr has a board of directors, known as the Guiding Sangha. There are currently nine members on the Guiding Sangha, though it may have up to 11 members. The Guiding Sangha has four regular meetings a year and special meetings as required, which can be by email or other electronic media. 2020 Guiding Sangha members are:

- Chas Macquarie - President
- Susan Juetten - Secretary
- Denise Barclay - Treasurer
- Kathy Schwerin
- Christy Tews
- Susan Antipa
- Harry Ednie
- Colleen Lyons
- Anita Feuker

Many bows to those serving on the Guiding Sangha. They provide a wide range of ideas and expertise that contributes to the smooth and skillful operation of the sangha. It is a form of dana that often goes unrecognized, yet it is essential to the well-being of the larger sangha.

## Membership & Sitting Groups

When we were still able to meet in person there were nine regular sitting groups included under the Dharma Zephyr umbrella. Four in Carson City:

- Dharma Zephyr Sangha
- West Wind Sangha
- Beginners' Mind Sangha
- Sun Mountain Meditation Group

Four in Reno:

- Dharma Zephyr Sangha Reno
- Mindfulness, Meditation & Recovery
- Mindfulness, Movement & Meditation
- Midtown Meditation

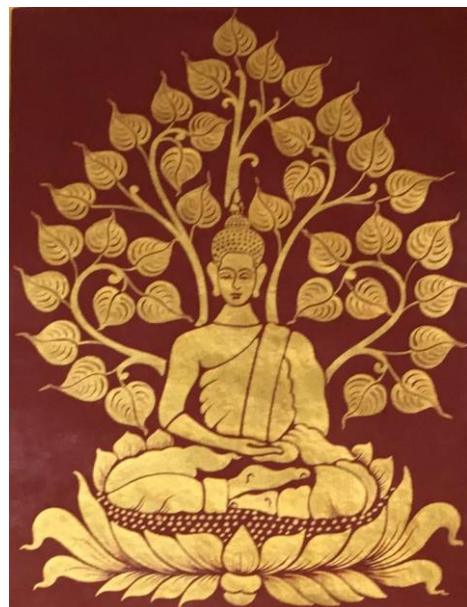
One in Douglas County:

- South Wind Sangha

Since March 2020 some groups have stopped meeting and others have continued to meet virtually. While virtual meetings do not allow for physical contact, surprisingly, they do have some advantages. The main one being that anybody can attend any group without having to get in a car and drive to a meeting. We have had people located in Washington DC sit with our Carson Monday night group! Details about all the sitting groups are on our website.

<https://dharmazephyr.org/>

Our mailing list includes over 600 people who are interested in our activities. Not all of these people open every email, but a fair number open notices about retreats and programs. We send a welcome note to all new people who sign up for emails.



## Financial Report

### 2020 Sangha income and expenses

<u>Income</u>		<u>Expenses</u>	
Donations and interest	1,536	Operating expenses	4,587
Residential retreat income	8,394	Residential retreat expenses	3,224
Non-residential dana	1,444	Non-residential expenses	450
Sitting Group dana	<u>3,207</u>	Donations	<u>1,345</u>
Total Income	14,581	Total Expenses	9,606
 Net Income	 4,975		

<u>Balance Sheet - Assets</u>		<u>Balance Sheet - Liabilities</u>	
Checking Account	7,705	Scholarship Fund set-aside	3,982
Savings (MM) Account	16,762		
Other Assets (PayPal)	<u>2,643</u>		
Total Assets	27,111	Total Liabilities	3,982

Please see the financial statements for full financial details.

In 2020 both income and expenses were significantly lower than in 2019. This is because our biggest income and expense items are our residential and day-long retreats - both of which were transitioned to virtual events for much of the year. The virtual retreats have basically no income and no expenses. The figures above show a net income of \$4,975 but the flow of income and expenses for retreats extends from one calendar year to the next and it is important to remember that the income at the end of the calendar year is a snapshot of the financial picture on a particular day - December 31. This snapshot shows our residential retreats made a net income of \$5,171 and our non-residential retreats had a net income of \$994. This was enough to pay for our operating expenses. This year our insurance costs went down because we got a refund for having to cancel most of the in-person retreats - insurance is cheaper when we all stay at home.



This year we moved a little more money from our checking account to our money market savings account, which now has over \$16,700 in it. The idea of the savings account is to have an account that is earmarked for savings that may be used in the future for potential big (or even medium) ticket items that are outside our normal financial operations. These

might include: increased outreach to the community; a major overhaul of the website; an unexpected loss on a retreat; or an annual budget shortfall. As noted above, our annual net income or loss is partly a matter of timing since certain retreat costs are paid for in the year prior to the income being received.

Once again, deep bows to our hard-working treasurer, Denise Barclay. Since we started offering residential retreats several years ago, we have a considerable (for a small, non-profit organization) amount of money passing through the books and it is important to account for this properly.

### Budget for 2021

<u>Income</u>		<u>Expenses</u>	
Donations	250	Operating expenses	5,000
Residential retreat income	7,000	Residential retreat expenses	6,800
Non-residential dana	1,500	Non-residential expenses	800
Sitting Group dana	<u>3,000</u>		
Total Income	11,750	Total Expenses	<u>12,600</u>
Net Income	(850)		

This budget is based on the assumption that we will not be meeting in person until at least August 2021. We hope to resume in-person retreats in the fall but that will depend on the recovery from the pandemic.

### Vision Action Committee

The Vision Action Committee, formed after the 2018 visioning meeting to come up with ideas to better connect our wider community, was put on hold in 2020 due to the pandemic and because the major goals had been accomplished in 2019. We hope that the social committee will resume planning occasional events once we can meet in person again.



## Retreats and Scholarships

2020 has been a challenge for the retreat committee. Once it became apparent that we could not meet in person we switched to holding retreats remotely by Zoom. This was a learning curve for the committee, the teachers, and the attendees. Planning has been made more difficult by the pandemic also, since we do not know exactly when we will be able to hold in-person retreats again. Despite all this, the Retreat Committee had a very successful 2020, meeting virtually four times to plan retreats for 2020, 2021, and into 2022.



*2018 Leigh Brasington residential retreat*

The dedicated committee members included Christy Tews, Karen Kvasnicka, Kathy Schwerin, Susan Priest, Susan Antipa, Tom Gray, Harry Ednie, Penny Fairfield, and Jasmine (Jazz) Gouveia. This group, along with Renate Massing and Susan Juetten, planned and managed a total of six non-residential and four residential retreats. Only two non-residential and one residential were held before the Covid-19 lockdown began. Six retreats were offered via Zoom. The Mountain Meadow Retreat had to be cancelled at the last minute due to smoke.

Additional team members are: Stephanie Coleman, DZ's MailChimp maven; Cheryl Macy, Stephanie's backup; Shannon Hataway, DZ's web master; and Frank Ozaki, the graphic artist who creates our beautiful retreat flyers. The Committee is grateful for the essential work they do!

### Attendance

Total attendance for the non-residential retreats was 161. Total attendance for the residential retreats was 82. Total attendance for the year was 243, down from 357 in 2019.

### Financials

The non-residential retreats had a net income of about \$994. The residential retreats generated a net income of about \$5,171.

### Scholarships

In 2020 three scholarships totaling \$315 were awarded for residential retreats; one scholarship for \$1,000 was awarded for Heather Sundberg's Committed Student Program; and a \$1,000 scholarship was awarded for a lay leader retreat program.



As of December 31, 2020, the balance in the scholarship account is \$3,982.

### 2021 and Beyond

For 2021, the Retreat Committee has eight confirmed non-residential retreats featuring familiar teachers Amita Schmidt, John Travis, Santikaro, Dori Langevin and the Aloka Vihara Nuns, along with our local team of Kathy Schwerin, Christy Tews, Anne Macquarie, Denise Barclay, and Angela Sullivan.

There are two residential retreats planned for the second half of the year, one with Heather Sundberg in August and another with Denise Barclay in October.

Many bows to the Retreat Committee, who put in a great deal of work to recruit teachers, organize retreats and venues, and make the whole endeavor run smoothly.



*On the way to the Mountain Meadow Retreat*

## Mindful Activism Group

The Mindful Activism Group, was started in 2018 by Anne Macquarie, Beth Sutton, and Colleens Lyon. Due to the pandemic it did not meet in 2020 and will probably be on hold for the foreseeable future.

## Classes

We started 2020 with a six-week introduction to meditation class series in Carson City, taught by Kathy Schwerin and Tom Gray. The class introduced attendees to the practice of sitting, walking, and eating meditation, and taught participants how to bring mindfulness to everyday life. Core Buddhist concepts were covered, and some classes included mindful movement.

Tom Gray and Harry Ednie will be offering a six-week course on meditation and core Buddhist principles beginning April 22, 2021. The 90 minutes sessions will be presented online via Zoom.

## Website & Other Outreach

We continue to update our website to show the latest information on sitting groups, retreats and classes. We reorganized the Resources section in 2020 and we continue to add more content. We added a section for online community gratitude journaling. Retreatants appreciate the ability to register and pay for residential retreats online.

Visit us at <http://dharmazephyr.org/> or through our Facebook page.

## Plans for 2021

Plans for 2021 are somewhat up in the air due to the pandemic. Now that vaccines have started to become available we hope to be able to meet in person again by the fall. Until then our sitting groups and retreats will take place virtually by Zoom. We will continue our outreach to the public through our website and email alerts to let the public know about the wonderful meditation retreats, classes, and sitting opportunities that Dharma Zephyr provides. We will continue to offer non-residential retreat opportunities by Zoom.



Heather Sundberg is scheduled for a five-day retreat in August, either at Camp Galilee (we hope) or by Zoom.

The Guiding Sangha will again take up discussion of the Caring Community concept. The big picture idea being to provide support and services to sangha members in the area of life, health, dying and death.

By the fall we hope to resume social events to allow members from different sitting groups to get to know folks outside their regular circle of practitioners. We hope to have at least one movie night also.

Finally, I want to once again express my heart-felt thanks to all those who have served a role in making Dharma Zephyr the vibrant, mindful community it has become. Even in a year devastated by a pandemic, most of our sitting groups continued to meet by Zoom and we managed to hold our retreats remotely. Well done all of you!

Chas Macquarie  
Guiding Sangha President